



Cooking from the Heart: My Favorite Lessons Learned Along the Way

John Besh

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James Beard Award-winning chef John Besh shares the lessons he learned from his mentors through 140 accessible recipes and cooking lessons. Featuring lush photography, inspiring personal stories, and a rich expanse of culinary knowledge, *Cooking from the Heart* is the next best thing to having an apprenticeship with Chef Besh.

Cooking from the Heart, Chef John Besh's third cookbook, revisits the locations, lessons, and mentors that shaped his culinary journey. From Germany's Black Forest to the mountains of Provence, each chapter highlights heartfelt memories and delicious recipes—the framework for his love of food.

The all-new, easy-to-follow recipes, complete with regional substitution suggestions, make creating upscale farm-to-table dishes accessible for any at-home chef. The rich production values and personal narrative make this cookbook an equally engaging read.

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